

# WHAT'S ON @ WHT

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>	7:30 - 8:30am <b>Tai Qi</b> 3 week blocks Vicki 0427 902 220	7:30 - 8:30am <b>Tai Qi</b> 3 week blocks Vicki 0427 902 220	7:30 - 8:30am <b>Tai Qi</b> 3 week blocks Vicki 0427 902 220		
		10:30 - 11:30am <b>Meditation</b> Guided and safe with Jean Gilbert. By donation	9:45 - 11am <b>Yoga (Hatha)</b> experienced with Kathy \$8 per session Come early for a spot.		10am - 2pm <b>Waste to Wonderful</b> Textile skill sharing. Contact Jen at ourplacew2w@g mail.com
		10 - 11:30am <b>Fitball</b> (beginners) Gil Whitehouse \$8	10:30 - 12:30 <b>Women's Walks</b> 6231 3212		
	11am - 12pm <b>Tai Chi</b> Weekly \$8	11am - 12:30pm <b>Community Health Nurse</b>	11:15am - 12:30pm <b>Yoga (Hatha)</b> beginners with Kathy \$8 Come early for a spot.		
<b>PM</b>	12:10 - 1:10pm <b>Ageing Well with Weights Practice</b>		2:30 - 4pm <b>Ageing Well with Weights Practice</b>	1:30 - 2:30pm <b>Feldenkrais</b> Begins July 6, 2017 for 10 weeks. \$15 per session or \$120 Wendy on 0447 120 688	

## Therapists and Monthly Groups

### Breast Cancer Support Group

**3<sup>rd</sup> Tuesday of the month** 11:45 am - 1:15 pm. For any woman diagnosed with breast cancer who would like information and support.

### Bowen Therapy (NST)

**Every Wednesday** at the Centre. \$65 per session. To make an appointment contact Christine Toyama on 0417 363 108.

### Food Coaching

**Every Wednesday** at the Centre. For appointments contact Alison Gandy on 0400 515 352.

### Writers' Support Group

**1<sup>st</sup> Wednesday of the month**, 2 - 4 pm. New members welcome.

### Warped Wenches

**3<sup>rd</sup> Saturday of the month**, 10 am to 4 pm. A group of women who love to sew, and share an interest in all sorts of crafts.  
Contact Denise 0417 808 871.

**Come in for a cuppa, browse in our library or use the photocopier.**